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Can Colors Affect Alzheimer Disease (AD) Patients and Their Caregiver's Emotion and Stress?

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Dear Sir,

Since the novel coronavirus has shown up, it has affected humans' lives in various ways. It has been reported that during the lockdown, patients with Alzheimer disease who also have poor cognitive performance, are more vulnerable for neuropsychiatric changes (such as depression, anxiety,…). The more these patients are in social isolation, the more their symptoms get intense [1]. Courtin and Knapp [2] have shown the involvement of social isolation and loneliness on older people's mental health.

Social isolation not only affects AD patients, it also affects caregiver's mental health and the burden that taking care of an AD patient has [1]. Taking care of an AD patient is not simple and it puts caregivers under lots of pressure. It can make caregivers susceptible to stress, depression, anxiety and physical problems [3]. Redwine et al., [4] demonstrated that caregiver's immune system has changed in response to the duration of care giving and acute stress.

It should be noted that emotions and colors play a major part in our everyday life. The relationship between them and the impact of colors on emotions have been shown before. During the lockdown people have spent most of their time at home or in an enclosed environment. The importance of colors is the impact that they have on our vision and emotion, so both positive and negative feelings can appear in response to colors [5]. It has been observed that warm colors can evoke positive feelings and joy while cool colors are more relaxing and calming [6].

Taking care of an AD patient is a massive responsibility with enormous mental burden. The pandemic of covid-19 seriously affected mental health and increased stress in both caregivers and recipients. Based on above-mentioned points, we hypothesize that during the lockdown, which these people have to be in confinement for long duration which results in experiencing more anxiety and feeling depressed, the color of the place that they spend most of their time, can lead to experiencing more positive emotions and reduce stress.

References

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